

**ABSTRACT OF THE DISCLOSURE**

5 A magneto optic recording medium has at least a recording layer for recording data and a reproducing layer for reproducing the data recorded in the recording layer onto a substrate and reproduces the data by setting a proper reproducing laser power upon reproduction.

According to the magneto optic recording medium, magnetizing directions of a buffer area, a sector address area, and a gap area which are sandwiched between data areas in which the data is recorded are uniformly magnetized in the recording direction.